

# ***BNL FITNESS CLASSES***

## **Nov 2012 – Jan 2013**

[www.bnl.gov/bera](http://www.bnl.gov/bera)

**ADVANCE REGISTRATION IS REQUIRED FOR THE FOLLOWING CLASSES**

*Classes cannot be pro-rated. Your paid registration is needed to secure instructors.*

**Please make checks payable to BERA and mail to: Recreation Office, Bldg. 400A**

**AQUA AEROBICS – 11 week session - \$44 for 1x week OR \$85 for 2x week**

**Tuesday: Nov 6, 13, 20, 27, Dec 4, 11, 18, Jan 8, 15, 22 & 29**

**Thursday: Nov 1, 8, 15, 29, Dec 6, 13, 20, Jan 10, 17, 24 & 31**

**5:30-6:30pm at the Pool, Bldg 478**

**PILATES – 9 week session - \$45 for 1x week**

**5:30-6:30pm – Rec Hall, Bldg 317**

**Monday: Nov 5, 19, 26, Dec 3, 10, 17, Jan 7, 14 & (NO 21), 28**

**YOGALATES – \$45 for 1x week OR \$90 2x week**

**Monday: Nov 5, 19, 26, Dec 3, 10, 17, Jan 7, 14, (NO 21), 28**

**Thursday: Nov 1, 8, 15, 29, Dec 6, 13, 20 (NO 27), Jan 10, 17, 24 & 31**

**12-1pm – Rec Hall, Bldg 317**

**ZUMBA – 11 week session - \$55 for 1x week OR \$100 for 2x week (Revised added Feb 6)**

**Tuesday: Nov 6, 13, 20, 27, Dec 4, 11, 18, Jan 8, 15, 22 & 29**

**12-1pm at the GYM, Bldg 461**

**Wednesday: Nov 7, 14, (NO 21), 28, Dec 5, 12, 19, (NO 26), Jan 9, 16, 23, 30 & Feb 6**

**5:15-6:15pm at the Rec Hall – Bldg 317**

**POOL ~ GYMNASIUM ~ WEIGHT ROOM**

**BERA Sports & Clubs ~ Volleyball/Soccer/Basketball**

**<http://www.bnl.gov/bera/recreation/clubs.asp>**

----- COMPLETE and return with your registration fee -----

**2012-13 BERA FITNESS REGISTRATION – Aqua Aerobics, Pilates, Yogalates & Zumba!!**  
(Nov-Jan 2013)

**Activity: \_\_\_\_\_ Class Day: \_\_\_\_\_ # of Weeks \_\_\_\_\_**

**Name: \_\_\_\_\_**

(Please Print)

**BNL Life/Guest Number: \_\_\_\_\_ Building Number: \_\_\_\_\_**

**Phone Number: \_\_\_\_\_ Email address: \_\_\_\_\_**

**Emergency Contact and Phone Number: \_\_\_\_\_**

Make checks payable to BERA and mail to: Recreation Office, Building 400A

***Proof of Medical Insurance is required for all Guests/Users & Family Members***

***\*\*Please check with your physician before starting any fitness program.***

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The following activities **do not** require registration:

### **\$ PAY AS YOU GO:**

- **Kardio Kickboxing** - Mon & Thurs @ 12:15pm in the gym, \$5 per class (Bldg 461)  
Contact Recreation Office x2873
- **Aerobic Fitness** - Tuesday @ 5:15pm in the Rec Hall (B. 317)  
10 Classes for \$40, or \$5 per class  
Contact Kathy Schoenig x2818 or email: [schoenig@bnl.gov](mailto:schoenig@bnl.gov)

### **FREE, FREE, FREE:**

- **Reiki Healing Circle** - contact Nicole Bernholc x2027  
Thursday - 12 Noon - email [berholc@bnl.gov](mailto:berholc@bnl.gov) for location
- **Tai Chi** - contact A. Rusek x5830 - *Great for balance and strengthening!*  
Monday, Tuesday, Thursday & Friday @ 12 Noon at Brookhaven Center (Bldg 30)
- **Yoga** - contact Ila Campbell x2206  
Wednesday - 12 Noon @ Brookhaven Center, North Room (Bldg 30)  
[More Yoga class information](#)

Review the interesting opportunities offered by BERA Clubs:

<http://www.bnl.gov/bera/recreation/clubs.asp>

BERA Club information can be found at: [www.bnl.gov/BERA](http://www.bnl.gov/BERA)

*\*\*Please check with your physician before starting any fitness program.*

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## ***BNL Ballroom Dance Club***

Checkout our new website: <http://www.bnl.gov/bera/activities/dance/default.asp>

Our next dance session begins Wednesday, Nov 14, 2012 at the Brookhaven Center North Ballroom. The cost is \$30/person for the 4-week series. The class will meet on Nov 14, (Not 21<sup>st</sup>), 28, Dec 5 and 12.

5:30-6:30 - Beginner Foxtrot  
6:30-7:30 - Intermediate Tango  
7:30-8:30 - Intermediate Foxtrot

Practice sessions are held on most but not all Mondays from 5:30-6:30pm in the North Ballroom at the Brookhaven Center. There is no formal instruction but music is provided. If you would like to attend, please contact: Vinita Ghosh (6226) [ghoshvj@bnl.gov](mailto:ghoshvj@bnl.gov) or Kathleen Tuohy (3845) [tuohy@bnl.gov](mailto:tuohy@bnl.gov)